



Safety Activity Pack

Be safe at home, at play, and on your way!

Protecting children from preventable injury—the leading cause of death for Montana kids. Learn more and connect:



Your Child
Safety Resource
in Western
Montana

Referrals | Information | Education

Preventable injury is the leading cause of death for children in the U.S. Unintentional injuries from vehicle crashes, poisonings, shootings, drowning, and more claim the lives of thousands of children each year, and injure millions more. But, the good news is that preventable injuries are preventable!

Safe Kids Missoula is your partner in protecting children from preventable injury. We provide hands-on education and take-action information to help you create safer environments for children. Contact us to learn more about:

- Car seat checkups and child passenger safety
- Safe practices
- Safety tip sheets and materials
- Community education and safety events
- Referrals to local safety resources
- Annual Safe Kids Fair

Get Involved

You can support our efforts to help keep children safe in one of the following ways:

- **ADVOCATE:** Join our Safe Kids Missoula Safety Advocates Facebook Group to help increase awareness
- **VOLUNTEER:** Volunteer your time and skills at an event or as part of our Coalition
- **DONATE:** Make a donation to support our prevention efforts at fchwmt.org/give-safe-kids
- **CONNECT:** Sign up for newsletters on our website to receive safety tips and updates or follow us on Facebook and Instagram @SafeKidsMissoula

About Us

Safe Kids Missoula, a local Coalition of Safe Kids Worldwide led by Community Health Alliance, was established in 1991 to connect parents and caregivers with critical safety information and education. Safe Kids Missoula includes more than 30 safety experts and volunteers from nonprofit and government agencies dedicated to protecting children from preventable injury. Learn more about Safe Kids Missoula and ways to get involved at safekidsmissoula.org.

406.926.2522 | safekidsmissoula.org | Find us on Facebook and Instagram





Learn how to swim.



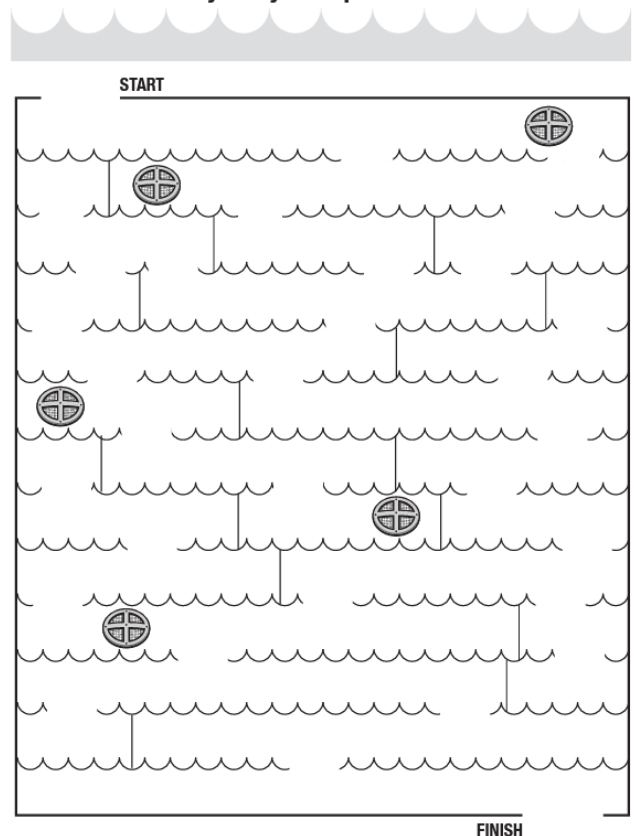
Wear a life jacket in the pool if you do not know how to swim.

A Water Watcher is a responsible adult who actively supervises children without being distracted by phone calls, text messages, reading or talking to others.



Water Watchers and lifeguards make sure you are being safe in the water.

Find your way safely through the maze – stay away from pool drains!



July Fun in the Sun Search

K C A M P I N G L A B H Y B T
H E A T R O P M D O R M E S B
E Y G B B S S Q K G J T O X Q
S Z C P E F I R E W O R K S W
P F K O P I S W I M M I N G G
R M V O C O N S C M U X I A T
I C F L V L N X H G T C J B Q
N Z K G D N G R H Y D R A T E
K C H A P S T I C K X Q P D P
L V L I F E J A C K E T L W B
E S U N S C R E E N D C A A E
R X U R S H A D E M J M Y T S
P P J N E N Q Y X Q B T O E A
Z A E S U N G L A S S E S R F
D Z P C C A X Y A E W T Q I E

Sunglasses

Life Jacket

Fireworks

Pool

Sprinkler

Sunscreen

Chapstick

Heat

Camping

Swimming

Hydrate

Play

Shade

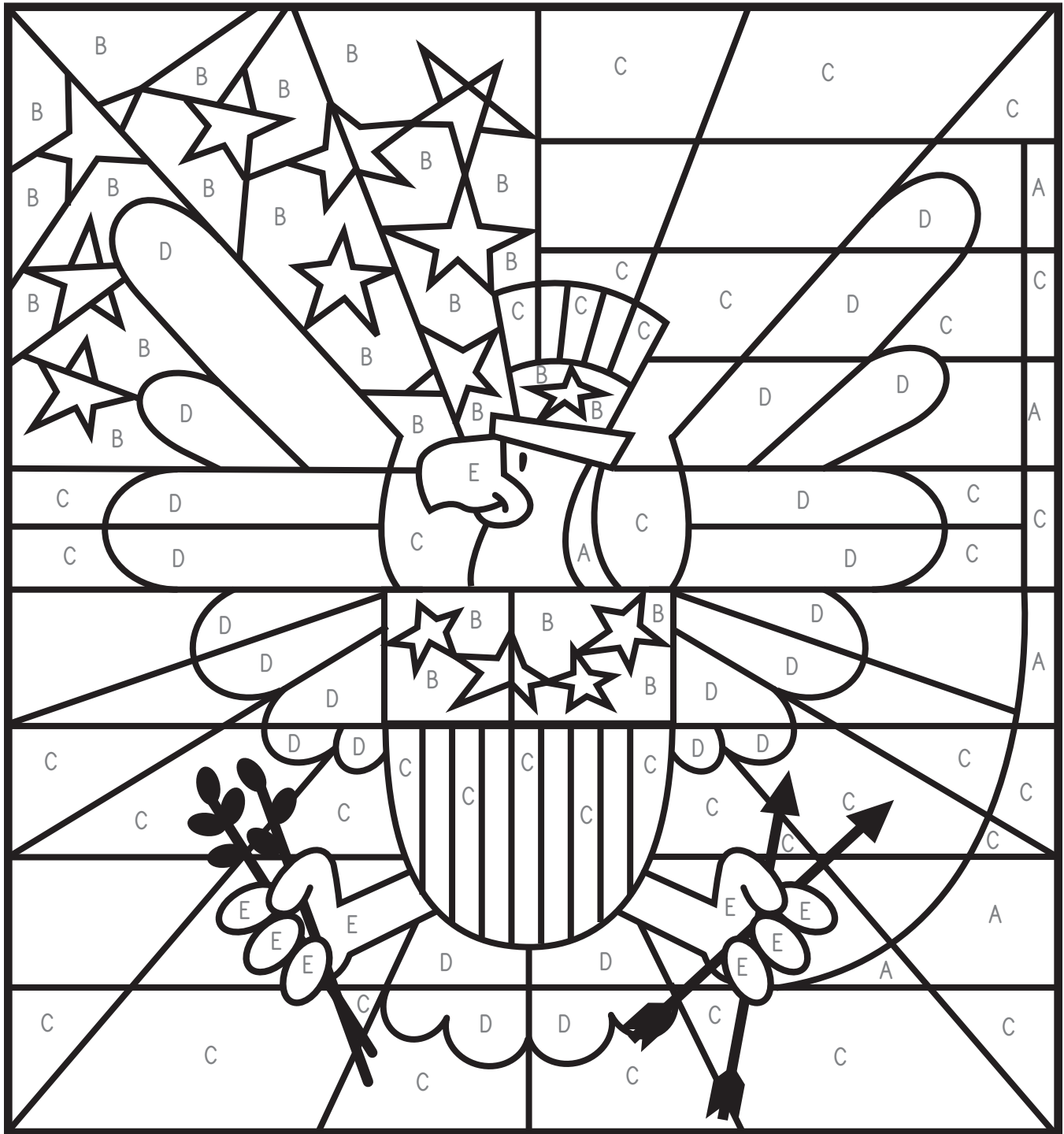
Be Safe

Water

Name _____

Red, White & You

A-Light Blue B-Blue C-Red D-Brown E-Yellow



Color by
Letters

www.allkidsnetwork.com

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Open Water Safety Checklist

Tips for Families When Visiting Oceans, Lakes and Rivers

- **Watch kids when they are in or around water, without being distracted.** Keep young children and weak swimmers within arm's reach of an adult. Make sure older children swim with a partner every time.
- **Choose a Water Watcher.** When there are several adults present, choose one to be responsible for watching children in or near the water for a certain period of time, such as 15 minutes. After 15 minutes, select another adult to be the Water Watcher.
- **Teach children how to swim.** Every child is different, so enroll children in swim lessons when they are ready – consider their age, development and how often they are around water.
- **Make sure kids learn water survival skills.** Children should be able to do these five things:
 1. Step or jump into water over their head and return to the surface.
 2. Turn around in the water and orient to safety.
 3. Float or tread water.
 4. Combine breathing with forward movement in the water.
 5. Exit the water.
- **Teach children that swimming in open water is different from swimming in a pool.** Know the hidden hazards of open water such as limited visibility, sudden drop-offs, uneven surfaces, currents and undertow.
- **Use designated swimming areas and recreational areas whenever possible.** Look for posted signs about open water hazards. Also look for signs that say when lifeguards will be present.
- **Wear a U.S. Coast Guard-approved life jacket when boating or participating in other water activities.** Choose a life jacket that is right for your child's weight and water activity. Weak swimmers and children who cannot swim should wear life jackets when they are in or near water.
- **Learn basic water rescue skills and CPR.** It is important to know how to respond in an emergency without putting yourself at risk of drowning.



Pool Safety Checklist

TIPS FOR PARENTS

- ☐ **Watch kids when they are in or around water, without being distracted.** Keep young children within arm's reach of an adult. Make sure older children swim with a partner every time.
- ☐ **Teach children how to swim.** Every child is different, so enroll children in swim lessons when they are ready. Consider their age, development and how often they are around water.
- ☐ **Make sure kids know how to swim and learn these five water survival skills:**
 1. Step or jump into water over their head and return to the surface.
 2. Float or tread water for one minute.
 3. Turn around in a full circle and find an exit.
 4. Swim 25 yards to exit the water.
 5. Exit the water. If in a pool, be able to exit without using the ladder.
- ☐ **Install fences around home pools.** A pool fence should surround all sides of the pool and be at least four feet tall with self-closing and self-latching gates.
- ☐ **Empty kids' pools after each use.** Store them upside down so they do not collect water.
- ☐ **Know what to do in an emergency.** Learning CPR and basic water rescue skills may help you save a child's life.